

# Doctors Report on the Amazing Results at the 10/09 Pain Elimination Boot Camp. Shouldn't YOU Be at the Next Boot Camp??!



“13 years ago I had 2 major surgeries in a 3 month period. First was for endometriosis (8 ½ hour operation due to complications) followed by a reversal operation for a colostomy (8 ½ hours—again, complications). This resulted in chronic pain whenever my abdomen was touched. Dr. Kaufman performed Manual Spinal Nerve Block on an abdominal trigger point. Immediately, there was no more pain. The after-effect was a bit overwhelming since I had been living with this pain for 13 years! Thank you, thank you, thank you!” **Kate Juliano, L.M.T., Media, PA**



“Prior to the October Bootcamp, I had symptoms of peripheral neuropathy: burning in my feet, and stiffness in both hands during the middle of the night and upon waking. Medically, we weren't sure if it was residual from myopathy secondary to a statin drug or the beginning of diabetes. Debbie Powell, P.T., treated me in class and the burning in my feet resolved, as well as complete relaxation. The burning did not return that afternoon or the next day which is the first time in a year I have tolerated sitting. Later, she treated Trigger Points throughout the spine and stiffness was not there when I awoke the next day. It is wonderful to find relief to symptoms that I did not think were musculoskeletal problems. However, it is even more wonderful to be relieved of the worry about what was causing the symptoms!

This information opens many opportunities to help our patients that we never dreamed could be so fast!” **Beth Whitehead, P.T., Jackson, AL**



“Dr. Kaufman treated me yesterday for acid reflux. I've had this for 5-7 years; it's nasty! You don't want this. Every night you get up, throwing up, with a burning sensation in your chest. Last night was the first night in years that I did not have the problem! This has been a blessing for me!” **Dayton Boyd, D.C., Lubbock, TX**



“For the past 5 years I've been unable to raise my left arm more than 90°. My shoulder and arm ached and I couldn't find a comfortable place where it didn't hurt. My biggest problem was I couldn't sleep at night, my shoulder kept waking me up and I'd toss and turn all night. I had a total shoulder replacement on my right shoulder 3 years ago and was contemplating surgery on my left shoulder. After Dr. Kaufman treated me (see photo) my arm went up normally to 170°, without pain, for the first time in years! Last night was the first night in all time that I don't remember tossing and turning. It was wonderful to get a good night sleep! Wow! (“Wow” should stand for the “Walk On Water” Treatment).” **Dave Pattis, Seattle, WA**



“I've had ICV (right lower quadrant) pain and tenderness for ~ 13 years, once so severe I went to the Emergency Room thinking it was appendicitis. Dr. Kaufman

eliminated that tenderness in seconds with the Pain Control Patterns.” **Bobbi Blair-Thompson, D.C., Huntington Beach, CA**



“I’ve had upper abdominal pain for one year, getting worse. After treatment by Dr. Kaufman, the pain on the left side went away, leaving the right side (not treated) feeling left out. On the break, I had a new practitioner work on the right side and got immediate relief. It was amazing a new practitioner could get the same results! It’s so easy! I’m amazed.” **Frank Alamilla, D.C., Ft Worth, TX**



“I have had chronic pain, ache, burning and sometimes itching for about 10 years in my lower back. It’s most noticeable when sitting for any length of time. I had been experiencing the dull ache while sitting in the seminar. Dr. Kaufman neutralized three trigger points in the area. The pain in the trigger points was eliminated immediately. The ache in the area is gone. There was some itching when I first returned to the chair. That is now gone as well.” **Patricia Salvitti, D.C., Media, PA**



“I have had right flank pain for 21-25 years. One of the participants worked on me, doing a psoas lift, and the pain was totally gone in a couple of minutes. I have been having hip pain for 4 weeks—there were several painful points that Dr. Kaufman eliminated in a few seconds. The hip feels better now when walking!” **Kerry Randa, DC, Loveland, CO**



“I had an exacerbation of scapula and shoulder pain that I’ve had on and off for 10 years. During that time, I’d tried massage, ART and chiropractic care with limited success. I was treated during the seminar and had the sensation of increased blood flow into the arm. After the treatment, the pain was gone and there was no more grinding!” **Rachel Richards, DC, San Diego, CA**



“Dr. Kaufman found many sore points on my back and neck. He did the spinal nerve block on my neck and the pain in my upper trapezius disappeared instantly. Same thing with my mid-back—he used the Pain Control Pattern and in just 1-2 seconds the pain disappeared as well. I bought the PNT DVDs 5 months ago and have used it on my patients with great results.” **Lien Dao, D.C. Fresno, CA**



“I have been getting the most amazing results. These techniques are astounding and I have helped many clients who have had chronic pain for years. It’s incredible how tight muscles and trigger points just melt under my fingers. People come in that can barely move and leave feeling such relief. I had one client tell me he hasn’t had this much pain relief in 15 years. I’ve been getting lots of referrals. During the seminar I had pain in my neck and low back. I worked on myself and the pain slowly went away. I also had Dr. Kaufman work on my arm which has been very sore around the medial elbow. The pain went away in seconds.” **Gayla Norgren, L.M.T., Platteville, CO**



“I have a patient who has had bilateral underarm pain for years that nothing has helped. The Kaufman Cervical Protocol made it go away. After a total of 4 treatments: It has not returned even after golfing.” **Patricia Salvitti, D.C., Media, PA**

“Dr. Ruby Kevala of Ventura, CA, has treated me for a bulging L4-L5 disc with numbness going down one or both legs with pain in the back and hip area. This made walking, driving and sometimes sitting painful. This has been going on since 2004. After treatment with 6 PNT treatments 2 months I’ve had no flare-ups for months. She recommended I attend your seminar for my massage practice. This is great!” **Laurine Cullen, L.M.T., Ventura, CA**



“Sixteen years ago I was walking along minding my own business, when my head was slam-dunked on the top of my spine by a freight elevator gate. My neck is my weak link and always kind of kinky. I was treated by Dr. Kaufman yesterday. Today my neck feels like the kink has been released from the chain!” **Paloma Pattis, L.Ac, Seattle, WA**



“I’ve had jaw pain (TMJ) for over 30 years. 2 broken jaws (mandible fractures) 2 surgeries, 3+ months of the denture and still lots of pain. After 2 minutes of treatment, my TMJ feels 50% better!” **Stephen Irestone, D.C., Burnsville, MN**



“I had Plantar Fasciitis pain for 4 months. Dr. Kaufman treated me using the Grid Technique. The pain reduced to almost imperceptible. Kudos for PNT.” **Dale Ruemping, D.D.S., Seattle, WA**



“I have had chronic sciatic pain for the last 3 years and after having PNT my pain decreased and now, the next morning I have significantly less pain.” **Melissa Shelton, D.C., Plano, TX**



“I’ve had chronic low back pain, SI joint pain for over a year. At times I had severe lumbar muscle spasms so intense I could barely walk. Dr. Kaufman, utilizing the Pain Control Points, reduced my pain level by 80% immediately, and greatly improved my lumbar mobility. To have significant change in a matter of minutes was AMAZING!” **Stanley Brown, P.T., Springfield, MO**



“Several trigger points and pain in my neck disappeared right away. My range of motion to the right was very limited. Now I can turn my head fully to the right without pain.” **Deborah Laplante, Gatineau, Quebec**



“I had a shoulder problem on the left. I couldn’t raise it more than 90 degrees. After a few minutes it was up to 160 degrees. It’s so encouraging to see fast and lasting results. Thank you 1000 times!”  
**Andre Laplante, D.C., Gatineau, QC, Canada**



“I have had right shoulder pain due to a rotator cuff injury for approximately 20 years. PNT techniques in the last 2 years have improved both the pain and range of motion significantly. Today, however, I experienced the best range of motion ever secondary to a subscapularis technique! Even my small residual shoulder pain has disappeared.” **Dr. Bonnie Friebling, M.D., Columbia, MO**



“My SI trigger point tenderness almost immediately went away. I noticed later that I was walking with an easier stride and increased length on that side.”  
**Joyce Youngbrandt, P.T., Tinley Park, IL**



“About a dozen trigger points were miraculously vanished in seconds in my right thumb, hand and forearm! I’m so grateful and hopeful that with a few more treatments the chronic (15 years) condition of my upper back and neck will improve, too.” **Jeana Thomas, D.C., Denver, CO**



“I had very painful ribs for 2 years, off and on. After a brief 2 minute Basic Paraspinal PNT— the pain turned off, gone! This was so simple. Amazing, thank you! I also worked on a massage therapist with chronic arm and hand and elbow issues, and achieved great relief for her.” **Karyn Erickson, L.M.T., Malvern, Florida**



“My son has had seizures for about 5 years. I treated his back, neck, and head using PNT. I noticed that he became more calm, and doesn’t have seizures anymore. Knowing that lots of autistic children have seizures, I worked on a couple of them. Their parents noticed significant differences in their behavior- they became so much calmer.

Another experience (good one!) I treated a patient with Lyme disease. She slept better and it definitely released chronic pain she had for more than 20 years. I use PNT on my mom, who has hip (bone-to-bone) pain and has tried laser and injections—PNT had the BEST (!!!) results! It is amazing!” **Ingrid Chegai, P.T., Santa Cruz, CA**



“Dr. Kaufman worked on my right leg and relieved several trigger points which have been present for 2-3 years (I had been having pain, weakness and muscle spasm). My leg feels normal on sitting and standing (now).” **Brian Briggs, M.D., Minot, ND**

## These Docs Wrote In After the June Bootcamp:



"I had a lady come in today with groin pain on lifting the left leg. She had no palpable trigger points and the only remarkable finding was a weak psoas on the side of the groin pain. Instead of strengthening the psoas I tried a pinwheel test on the legs for sensation and there was no sensation over the L4 dermatome on the right side. I applied the manual spinal nerve block to L4 on the right side for 20 seconds. Immediately she had full sensation of the right dermatome and a strengthened left psoas along with no groin pain!" **Daniel J. Bank D.C. Queensland, Australia**



"A 70 yo man had numerous osteoporotic fractures, and was in severe pain for over a year. After I treated him with P.N.T. he stood up, standing straighter and straighter than he had in a year. He said "what the hell?" His pain was GONE for the first time in a year. His wife went back home and referred me 7 new patients so far. They live 2 hours away in Stevens Point WI. This is the first time in 50 years of practice that a patient has sent me 7 patients in less than a month. I was gonna retire. Also this from one of my patients:

"During the past 4 years I've had vision problems in my left eye. As time went on my vision got worse with greater impairment. I saw a neurologist. Eventually I found myself nearly unable to function as a police officer as my vision in my left eye was now impaired 24/7. In June of 2008 I went to Dr. Raether in desperation. With his techniques I've experienced relief in the first week. Within 4 weeks the symptoms were gone and stayed away. My vision is completely restored and I have Dr Raether to thank for that." **Charles Raether, D.C. New Holstein, WI.**

"I had a patient enter with a pain from an inguinal hernia. He's been in bed for two weeks with excruciating pain on walking. He hobbled in the office and within 20 seconds his palpatory pain was gone! Using PNT techniques he was up and walking without any pain for the first time in weeks. He even noted that the bulge from the hernia had reduced by at least 80%. I really need one of those "Wow, that's Amazing" signs in my office. Since using your techniques I hear that several times daily. I even catch myself saying it!" **Kevin Hay, D.C. Woodstock, GA**



"I treated my 79 year old mom's frozen shoulder. Her condition was a result of a mamectomy performed 26 years ago. It was so bad at times that she had to hold a spoon with her left hand; the right didn't flex to get the spoon to the level of her mouth. In three treatments her right shoulder flexion is now 160 degrees, and has stayed this way for a month.

In the average patient I see, what used to take 15 treatments now takes 3-4. With most musculoskeletal problems it takes 3-4 treatments with Dr. Kaufman's techniques to get 80-100% improvement. Patients generally feel 70-100% improvement during the first treatment. It is fun to be a patient hero!" **Galina Semyonova, L.Ac., New York, N.Y.**



"Over the past 3 weeks I have been using your techniques and it has had a profound effect on my patients...I am now known as "THE MAGICIAN". These techniques were easy to learn but more importantly have a great effect on my patients. Thank you from the bottom of my heart for introducing me to the Pain

Neutralization Technique- because of you I finally can see that I am complete as doctor...there is nothing that walks in my office that I feel I cannot handle. My wife had a migraine- in 10 minutes with PNT I had her completely asymptomatic, with no residual effect at all. I've even been asked to demonstrate PNT on the TV show " The Doctors" in L.A.!" **Yoav Stein, D.C. Los Angeles, CA.**



"I have been using your PNT work for over 8 months now, and I am more than satisfied – I'm THRILLED!! Literally, every day in my clinic, we are seeing great results with our patients. In the last two weeks I have had two sheriff's deputies with shoulder pain. In the past when a patient would come in with shoulder pain I would dread it. I could give adjustments till the cows came home with very little result. But now, bring on those shoulder problems. Both patients got complete relief within five visits. In the same two week period, two female patients came in with knee pain. Both of these patients came off the table pain free, limp gone, with a look of shock on their faces.

Best of all, after 31 years in practice, being bored and burned out in the past, now I can't wait to get into the clinic. I am happier in my practice today than I have ever been, thanks to you and the brilliant technique you developed. And getting more referrals now than I have in years ain't bad either." **Peter G. Lazarnick, D.C., Carrollton, Ga.**

"It's impossible to argue with the results that I am getting with your techniques. The techniques are just brilliant and completely original! I don't want to be doing what everyone else is doing because they were "told in school" this is what to do. I try to look at what practitioners will be doing 20 or 30 years from now, not what we've been doing for thousands of year (manual therapy of various forms)" **Jeremy Baber, P.T. Brooklyn, N.Y.**

"Dr. Kaufman has been sending me letters for 3 years. Quite frankly, they all sounded too good to be true. I didn't believe it possible that trigger points could be turned off in seconds with neurological reflexes. What really convinced me to come to the seminar was all the positive feedback from previous attendees. I figured they must all be telling the truth or he's a gifted writer of fake testimonials. Either way, I wanted to find out.

The seminar was amazing. The techniques were very easy to learn and implement. I witnessed many miracles as about 60 of the participants were treated by Dr. Kaufman for chronic pain.

I started using these procedures on Monday morning at 9:00 a.m. The feedback using has been amazing from my patients. The term "wow, that's amazing" has actually started to get a little old! My own left medial knee pain of about 2 years duration was gone and stayed gone after I treated myself at the seminar (3 months ago).

**Honestly, of all the professional development I've done in my 16 year career, this was the most useful and practical technique seminar of them all.** The patients are truly amazed that I can change their pain and increase their range of motion in minutes or seconds. Here's just a sample of the success stories:

A 47 year-old woman with 20 years of pain following a fractured foot is now pain free after only a few treatments. A 17 year-old young man with a 5 year history of bilateral knee pain is

now pain free. A 50 year-old woman who had persistent pain for over 2 years after knee surgery is now pain free.

The most amazing success has been with the abdominal techniques. A long-term 70 year-old patient of mine confided in me that she has had a 5-year history of DAILY diarrhea. Nothing helped. After 6 treatments she is back to normal.

Another female patient, aged 56, told me she had a long history of heartburn, bloating and diarrhea for 36 years. She could only eat a few bites of food before she felt full. She is back to normal. A 62 year-old woman has had right lower quadrant pain since she was a teenager. After using the ileocecal valve technique only 3 times she is now pain free for the first time in over 40 years. Honestly, you could build a practice around that one technique.

My favorite patient came in yesterday. She is 93 years-old and has been suffering with spinal pain for 'many years.' The M.D.s have written her off as having 'degenerative osteoarthritis' and told her to 'live with it.' She's 80-90% better. She's saying that she's 'thrilled.'

It's such a great feeling to walk into a room with a patient knowing that there's a huge likelihood they're going to use the term, 'wow, that's amazing.'" Every D.C., P.T., M.D., and acupuncturist should have these tools in their toolbox. For massage therapists, PNT could be the ENTIRE toolbox." **John Clark, D.C., Newcastle, Ontario**

"Since I purchased your DVDs some 8 weeks ago I have been totally blown away by the effectiveness of PNT. The first person I tried the PNT on is still pain free 8 weeks later.

Another female with 10 years of "bone crunching back pain" has found relief for the first time in ten years, she simply said "its gone". Another female with scoliosis, as well as 2 Herrington rods, was suffering as a result of 3 major back operations in 6 weeks. She was taking pain meds orally as well as a pain patch. After her first treatment she no longer needed the patch and cut her oral medications by 1/2. Her constipation has greatly improved as well as she has also eliminated her sinus medication for the last 2 weeks, as she no longer needs it. She is also able to sleep very well and this was the result from her first treatment. In just one month of treatments, 8 sessions, she has improved by 70% which is amazing considering the pitiful condition she was in.

Another gentleman who was experiencing bilateral hip pain as well as lumbosacral pain was completely relieved from his discomfort after just one treatment. He had lost all hope of ever getting relief, he is certainly a believer in PNT.

PNT has literally changed the way I practice and has boosted my confidence in facilitating the healing potential in others.

PS. I have been successful in turning off most trigger/tender points 100%. I have met 5 people out of about 50 who have not responded at all but the majority respond greatly." **Scott Kingsbury, LMT, CR, Continuing Education Provider, Melbourne Florida**

"Yesterday I saw a 51 year old women. She is an audiologist, and 25 years ago she was stopped at a light and was rear ended by a truck going 45mph. From that accident she had serious neck problems including pain, spasm, and stiffness. A few months later she was at a

stop sign and was hit in the rear end again. This time her lower back was injured. After the second accident she went to a chiropractor.

The chiropractor helped and she also had some PT. However, the pain never went away, and over the last several years it has gotten very bad. She is still seeing the same chiropractor she did all those years ago, and the chiropractor STILL adjusts her spine the same way. The result is temporary. Lately the pain comes back a few hours after her adjustment. She has told this chiropractor that his adjustments are causing her pain afterward yet he continues to adjust her the same.

She has been to multiple pain clinics, received multiple injections, tried decompression, and was considering surgery (even though there was no disc problem evident on MRI or exam). The medical community had exhausted their possibilities and the chiropractor continued to adjust away on her spine. All the while she continued to get worse

This woman is in the same business group that I am, and this weekend we had our picnic. I was stunned as she tried to get a drink out her cooler. She cannot bend at ALL from the waist, and she had set her cooler on the table so she would not have to bend. Someone however, moved it on the floor. This woman was unable to get down and someone had to help her.

She cannot bend over to tie her shoes so she always wears slip on shoes. She cannot sit more than a few minutes without severe pain, and she notes that she has not gone on a trip for years because of that. She has to take a lot of pain medication just to get through her day seeing patients. If all that were not bad enough she is averaging about two or three hours a night of sleep. The pain gets so intense, she has to get up frequently.

Finally she decided to come in yesterday. I think she had almost given up. Her evaluation revealed several exquisitely tender trigger points. I began the PNT session on the right medial knee. After that she had no pain in the knee, SI joint, or lumbar paraspinals. She was a little freaked out in a good way that her pain level changed that much. I mean it was pretty dramatic!

**Next I worked on the right QL and right trap and when I was done she had ZERO pain! Severe pain, spasm, and stiffness with almost no range of motion.....to NO pain, NO spasm, and FULL range of motion. She was flabbergasted (as I have to admit I was as well....) She could barely speak as she was choking back tears.....**She finally managed to speak and her exact words were "That is the most amazing thing I have ever seen.." No other words for a minute as I let her take it all in....

She was blown away. I think because she had all these other treatments including spinal adjusting for years and in less than 5 minutes (literally 5 minutes) the pain was gone! She could sit, she bent over and touched her toes....She jumped up and down!!!

I called her last night and her son and husband wanted to know what I did to her! (They could not believe she felt that good.)She told me that she sat down for dinner for the first time in years!!!

What do you say to something like that? We had our business lunch meeting today and when I walked in she was sitting there all smiles....."No pain!" she smiled giving me the thumbs up!

She still had no pain, no spasm, no stiffness.....Now I realize that that can happen that quickly, but that for me was a first.

That was not just a treatment that was true healing. I am seeing her again next week to follow up but if she is still doing well and there are no problems my gut feeling is leave it at that!

Find it, fix it, and leave it alone! This is definitely why I became a doctor! I know this is an amazing response and perhaps I won't see this type of dramatic change all the time, but even so the results I have seen on others has just been remarkable.....I cannot say enough, which is why it is hard to find words for this.... wow is that amazing! (And yes I have a sign in my room that reads "Wow, That's Amazing!" because it truly is!) **Aaron M Peters, D.C. Dubois, Penn.**

"Amazing techniques! I never had any like this when I was going to school or attending seminars. One thing I like about your techniques is that they are simple, easy to learn and remember and not complicated at all. The techniques give me more confidence in treating difficult cases, making my job more exciting!" **Oliver Patalinghug, P.T. , Rochester Hills, Minn.**

"I continue to use your techniques every day (for the past several years) and I am still amazed by how well they work." **Judy Abrams. L.Ac. Ithaca, N.Y**

"I just wanted to drop you a note to tell you how marvelously pleased I am with the material presented in the sets of DVDs I recently purchased. Colleagues and patients alike are just as impressed with the actual work. On many occasions, I have detected an immediate palpable release at the trigger point at the exact moment the correction is applied.

This is WAAAAAYYYY COOOOLL !!!!

This is very exciting to me. It is reframing my entire experience as an acupuncturist. And I've been an acupuncturist for 18 years." **Marcus Smith, M.S., L.Ac Florida**

"After 20+ yrs as a chiropractor, I finally believe I can give my patients extraordinary results. Not just occasionally, but consistently. I sincerely believe that the Lord has restored my passion to practice through you." **George Wilson, DC, Fresno, CA.**

"I wanted you to know that you are not the only one who gets hugs! I had an 82 year old lady involved in an auto accident at 20 years ago. She had one of the worst scoliosis I have ever seen. She could only stand for very short periods of time and would not leave her home because of colitis. After her third PNT treatment she got off the table, looked at me-the tears started to flow and she threw her arms around me and sobbed thanking me for how much better she felt. Two weeks later she went 100 miles to attend a wedding with no accidents ... and danced! I get a hug after every treatment and live for it.(p.s. I gave you a little of the credit)" **Robert C. Kenny D.C., F.A.S.B.E. Indian River, Michigan**



“I was on the phone with a customer service rep in Mumbai, India. This woman somehow mentioned that she had terrible heel pain. I asked her if she had a moment when I could walk her through a self treatment to rid her of pain. I had her do a PNT technique on herself. "Oh my gosh, it's gone!", she said. This cutie seemed to be calling over everyone in her department and jumping around on it till I told her to rest it and let it heal”. **Valentina Lert, D.C.**

**Telluride, CO.**

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